

Amendments to the specification

Please amend paragraph 0045 on page 8 as indicated below.

[0045] As shown in FIGs. 11-14, the anchor 200 includes a rectangular-shaped bar 212 having a top 214, a bottom 216, a front side 501, a back side 502, a first side 218 and a second side 220. The anchor 200 further includes a projection 201 that defines an extending side face 240. The extending side face 240 is wider than the second side 220 of the bar 212 (which has portions above and below the projection 201).